



Luc Souilla

PHD FELLOW

Montpellier, France

✉ lucsouilla@umontpellier.fr

🌐 luc-souilla | 📞 0000-0002-5773-1440 | 📧 Luc_Souilla

About me

During my PhD, I am primarily focused on assessing the physical activity, physical fitness and implementing cardiac rehabilitation in children with heart diseases. I have a keen interest in pediatric physical fitness (cardiorespiratory and muscle fitness), physical activity (actigraph device), cardiac physiology and the future impact of global warming on these outcomes.

Current position

PhD Fellow and Associate Lecturer

Montpellier, France

SPORT SCIENCE FACULTY - MONTPELLIER UNIVERSITY

Oct. 2022 - Oct. 2024

- Adapted physical activity in children and adolescents with heart diseases: example of inherited arrhythmias
- Supervised by Pr. Pascal Amedro, Pr. Jean-Luc Pasquie, Pr. Denis Mottet

Education

MSc degree in sport sciences and exercise rehabilitation

Montpellier, France

SPORT SCIENCE FACULTY

Sep. 2020 - July. 2021

- Sciences, Technology, Movement, 2nd rank in class.

BSc in sport Sciences - exercise and health

Toulouse and Montpellier, France

SPORT SCIENCE FACULTY

Sep. 2018 - July. 2019

- Exercise and chronic conditions, top of the class.

Publications

- **Souilla L.**, Amedro P., Morrison S., (2024), *Children with cardiac disease and heat exposure: catastrophic converging consequences?*. Pediatric Exercise Science.
- **Souilla L.**, Avesani M, [...], Pasquie J-L, Guillaumont, S, and Amedro, P, (2023). *Cardiorespiratory fitness, muscle fitness, and physical activity in children with long QT syndrome: A prospective controlled study*. Front. Cardiovasc. Med. 9:1081106.
- Amedro, P., Matecki, S..., **Souilla, L.**,..., Gavotto, A. (2023). *Reference Values of Cardiopulmonary Exercise Test Parameters in the Contemporary Paediatric Population*. Sports Medicine
- Gavotto, A., Mura, T..., **Souilla, L.**,..., Amedro, P. (2023). *Reference values of aerobic fitness in the contemporary paediatric population*. European Journal of Preventive Cardiology.
- Amedro, P., Werner, O.,..., **Souilla, L.**,..., Pasquie, J.L. (2021). *Health-related quality of life and physical activity in children with inherited cardiac arrhythmia or inherited cardiomyopathy: the prospective multicentre controlled QUALIMYORythm study rationale, design and methods*. Health Qual Life Outcomes., 28;19(1):187.
- **Souilla L.**, Larsen A.C., Juhl C., Skou S.T., Bricca A., (2023), *Childhood and adolescence physical activity and multimorbidity later in life: A systematic review*, (under review).

Funding, Grants and Fellowships

International mobility EXPLORE #4

May-June 2023

FROM MONTPELLIER UNIVERSITY OF EXCELLENCE

5000 \$

- PhD mobility to Denmark, working on ERC grant funded project: MOBILIZE

RYTHMO'FIT: interventional pilot study

July 2022

FROM SAINT PIERRE FOUNDATION

10 000 \$

- Exercise rehabilitation program for children with long QT syndrome

PhD fellowship

FROM ED CBS2 MONTPELLIER UNIVERSITY

Oct.2021-2024

110 000\$

- PhD fellowship on promotion of adapted physical activity in children/adolescent with heart diseases :example of inherited arrhythmias

Professional Experience

Project manager

UNIVERSITY OF SPORT SCIENCE

Montpellier, France

Sept. 2023 - January. 2023

- Kickoff event on Sports and Climate Change
- Organizing an awareness day on climate change and the impact of sports for all bachelor students

Research Mobility

SOUTHERN DENMARK UNIVERSITY - DEPARTMENT OF SPORT SCIENCES AND CLINICAL BIOMECHANICS

Odense, Denmark

May. 2023 - July. 2023

- ERC projet MOBILIZE
- Effect of tailored exercise program on multimorbidity / Systematic review on physical activity, childhood and multimorbidity (under review)

Research intern

PHYMEDEXP - INSERM U1046

Montpellier, France

Sep. 2020 - July. 2021

- Supervised by Pascal Amedro
- Cardiorespiratory fitness and muscular deconditioning in congenital Long QT syndrome children.

Research intern

PHYMEDEXP - INSERM U1046

Montpellier, France

Sep. 2019 - July. 2020

- Supervised by Karen Lambert
- Effects of exercise and polyphenols supplementation on cardiac hypertrophy in obese insulino-resistant rats.

Teaching Experience

Associate lecturer

UNIVERSITY OF MONTPELLIER

Montpellier, France

2022-2024

- Climate change, sustainability and sport sciences
- Cardiac anatomy and physiology, functional anatomy, exercise physiology and health, neurosciences and sports
- Scientific methods and identification of study

Supervision mentoring

Mentoring BSc Student

SPORTS SCIENCE UNIVERSITY

Montpellier

October 2023

- Mentoring students working on : Kickoff event on Sports and Climate Change
- Individual support for developing their personals projects

Mentoring MSc Student

UNIVERSITY HOSPITAL OF PEDIATRIC CARDIOLOGY

Bordeaux, France

January 2023

- Help writing master thesis
- Designing exercise intervention for children with inherited cardiac diseases

Communications

International Congress of Francophone Mother-Children network

ORAL PRESENTATION

Bordeaux, France

June 2022

- Souilla L.(2022). Adapted physical activity teacher: on the right track. International Congress of Francophone Mother-Children network

French society of Paediatric

ORAL PRESENTATION

Lille, France

June 2022

- Souilla L., Avesani M., Boisson A., Pasquie JL., Amedro P.(2022). Cardiorespiratory fitness and muscular deconditioning children with Long QT syndrome.French society of Paediatric

International Congress of Association for European Paediatric Congenital Cardiology

POSTER PRESENTATION

Geneve, Switzerland

May 2022

- Souilla L., Avesani M., Boisson A., Pasquie JL., Amedro P.(2022). Cardiorespiratory fitness and muscular deconditioning children with Long QT syndrome. International Congress of Association for European Paediatric Congenital Cardiology

- Souilla L.(2021). Exercise rehabilitation in heart failure.Congress of French society of Paediatrics and congenital cardiology

Skills

TECHNICAL SKILLS

Certification	Tools	Languages
Student Mentoring – Good clinical research practices – Science integrity	CP Exercise testing – Echocardiography – Muscular ultrasound – Accelerometer – Force Sensor	French (native) – English (C1) – Spanish (B1)

WORKPLACE SKILLS

Teamwork	Attributs
Pluridisciplinary Working – Effective communication – Autonomous writing – Management of national clinicals trials (coordination and call for proposal)	Creativity – Adaptability – Time management – Motivation – Relationship skills

Memberships

Since 2023	Head of Green Researchers team working on evaluation and mitigation of the lab carbon footprint	<i>Lab Euromov DHM</i>
Since 2023	Head of pediatric committee of the French Society of kinesiologists	<i>French society of kinesiologists</i>
Since 2022	Scientific member of QUALINEURO-REHAB European project	<i>Bordeaux University Hospital-INSERM</i>